

The Ten Commandments and An Examination of Conscience

1. I am the Lord your God. You shall not have any other gods before Me.
 - Do I think about God every day and pray to Him often?
2. You shall not take the Name of the Lord your God in vain.
 - Do I use the names of God and Jesus only when I pray and never in anger?
3. You shall remember to keep holy the Lord's Day.
 - Do I pay attention at Mass on Sunday?
 - Do I join in celebrating in prayer and song?
4. You shall honor your father and mother.
 - Do I obey and respect my parents, teachers, and others who are in charge of me?
5. You shall not kill.
 - Do I try to be a peacemaker, to avoid fighting and hurting others?
6. You shall not commit adultery
 - Do I respect myself and all other people, knowing that we are all made in the image and likeness of God?
7. You shall not steal.
 - Do I treat other people's things carefully and never take anything that does not belong to me?
8. You shall not bear false witness against your neighbor.
 - Do I always tell the truth? Have I told lies for which I should ask forgiveness?
9. You shall not covet your neighbor's wife.
 - Am I ever jealous of others? Have I ever said unkind words about others because of my jealousy?
10. You shall not covet your neighbor's goods.
 - Do I try to be happy when others get something I would like ?



How to Go to Confession

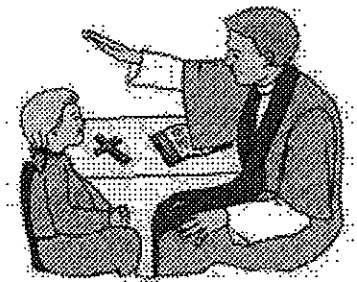
1. I spend some time thinking about the ways in which I have hurt God or other people.
2. I go into the Reconciliation Room (confessional) and kneel before the screen or sit in front of the priest (face to face)
3. I greet the priest and then say, "Bless be Father, for I have sinned. My last confession was _____."



I have just asked the priest to bless me, so when he makes the Sign of the Cross, I receive the blessing by also making the Sign of the Cross.

4. I tell my sins to the priest, and he will talk to me about trying harder to be more loving and follow Jesus.
5. The priest will give me a penance to do to help make up for my sins. I will do my penance after leaving the Reconciliation Room.
6. I say the act of contrition to tell God how sorry I am:

O my God, I am sorry for all my sins with my whole heart.
 In choosing to do wrong and failing to do good,
 I have sinned against you,
 whom I should love above all things.
 I firmly intend, with your help,
 to do penance, to sin no more,
 and to avoid whatever leads me to sin.
 Our Savior, Jesus Christ
 suffered and died for us.
 In His name, my God, have mercy. Amen.



7. The priest places his hands above your head, says the prayer of absolution, and then says, "Go in peace" or "God bless you."
8. I say, "Thank you Father," and leave the Reconciliation Room.
9. I do the penance I was given.